



**Federal Bar
Association**

FEDERAL FOODIES

2020 Membership Cookbook





Betty's Bodacious Mushrooms

INGREDIENTS

Prep Time: 10 mins
Cook Time: 45 mins

1/3 C Unsalted Butter, softened
1 Tbsp. Finely Chopped Fresh Parsley
1 Tbsp. Minced Onion/Green Onions/Shallots
1 Tbsp. Dijon Mustard (*Seeded Recommended*)
1 tsp Coarse Salt
1/8 tsp Mitmita
(*Substitute: Cayenne/Chipotle Pepper*)
1/8 tsp Nutmeg
1 1/2 Tbsp. All Purpose Flour
(*RecomMended: Wondra*)
1lb fresh Cremini Mushrooms, Stems Removed
1 C Heavy Whipping Cream
Cooking Spray

INSTRUCTIONS

- Preheat oven to 375F
- Mix together the butter, parsley, onion, mustard, mitmita, nutmeg and flour in a small bowl.
- Spray 1 quart casserole with cooking spray; Place mushrooms in casserole(caps up or at least on side)
- Dot with the butter mixture.
- Pour the cream over the mushrooms.
- Bake uncovered for 45 minutes, stirring once or twice during baking.
- Serve warm

Submitted by: Elizabeth (Betty) Stevens
"Every time I serve these, they disappear!"



Chicken in a Blanket

INGREDIENTS

Prep Time: 15-20 mins
Cook Time: 25 mins

2 C Chopped Cooked Chicken
2 Tbsp. Chopped Onion
2 Tbsp. Green Onion
2 Tbsp. Low Fat Margarine
4 oz. Softened
1/3 C fat free cream cheese
2 pkg. Low Fat Crescent Rolls

Sauce

8 oz. Low-Fat Sour Cream
1 can Fat Free Cream of Mushroom Soup

Submitted by: Karen J. King

"I obtained the original recipe in 2007 from a sorority sister, Jacqueline Lee, and made a few tweaks. This dish quickly became my daughter's favorite and was required for all of her sleepovers. Most recently, I have made this dish for friends and colleagues and it is always a hit. It is quick, delicious, and pretty healthy. I usually serve this with a nice mixed green or spinach salad."

INSTRUCTIONS

- Preheat oven to 350 degrees.
- Lightly season and brown chicken breasts in a skillet with olive oil. I use rotisserie seasoning. You can use grilled or rotisserie chicken (without skin) as well. If browning chicken, let cool.
- Mix together all of the above ingredients, except sauce ingredients.
- Open crescent rolls and put two together.
- Place a small amount of the chicken mixture in the center of the two crescent rolls, then fold edges up and over the chicken mixture, making a pouch.
- Bake for 25 min. or until brown.
- For sauce: Combine the sour cream and soup in a sauce pan. Heat through and pour over rolls.



Clafoutis -- Savory

INGREDIENTS

Prep Time: 20-30 mins
Cook Time: 40 mins

- 1 C Plain Whole Milk/Greek Yogurt
- 3 Lg Eggs
- 2 Tbsp. Melted Butter
- 2 tsp Sherry
- ½ C Cassava Flour
(or flour if you do not mind gluten)
- Reconstitute Dried Porcini Mushrooms 1 oz dry
= 4 oz, use 2oz & cut into smaller pieces
(approx. inch)
- 2 small Scallions, thinly sliced
- 8 Cherry Tomatoes, halved
- 4-6oz Grated Mozzarella Cheese
- Ground Black Pepper to taste

Submitted by: Marlene Dougherty
"I had never heard of Clafoutis until 2 friends simultaneously posted a dessert version on social media. I don't eat sugar so I adapted that, and then tried various versions, this is one of my favorites."

INSTRUCTIONS

- Preheat oven to 400°
- Mix together first 5 ingredients in medium bowl.
- Line a tart pan with parchment paper and pour mix into pan.
- Arrange Mushrooms & Scallions on top of mixture, sprinkle black pepper, top with Mozzarella, arrange tomatoes on top.
- Place on middle rack, close oven reduce temp to 325 & bake for 40 minutes.
- Add shredded Parmesan & fresh cut Basil on top. (This is not a crispy base; more quiche like without a crust). I don't count calories.



Classic Hummus

INGREDIENTS

Prep Time: 5 mins
Cook Time: 10 mins

2 cans Garbanzo Beans, drained, liquid reserved
3/4 C Garbanzo Bean liquid
1/4 C Lemon Juice
1 Tbsp. Olive Oil
1 Clove Garlic, peeled
2 Tbsp. Tahini
1 tsp Salt



Submitted by: Pamela Milan, Esq., LL.M.
"My grandma's recipe, which she learned from her grandmother, a holocaust survivor. This is a multi-generational recipe.."

INSTRUCTIONS

- Place all ingredients in power blender or food processor. Select Blend.
- Add juice from garbanzo beans to reach the desired consistency.
- Add salt to taste.



Grilled Alaskan Salmon

INGREDIENTS

Prep Time: 15 mins
Cook Time: 30 mins

Fresh Dill Leaves (at least 8 stems)
2 oz. Lemon Juice
6 to 8 oz. Dijon Mustard
1 to 1.5 pound Wild Caught Alaskan Salmon with skin on (available at Whole Foods)

Submitted by: Daniel Donnellon
"I made this up and my family loves it!"

INSTRUCTIONS

- Preheat a charcoal or wood-fired grill to 350 degrees. While grill is reaching temp, prepare the salmon.
- Place the salmon skin down on a platter. Drizzle the lemon juice directly on the salmon.
- Chop the dill leaves with an herb cutting scissors and discard the stems.
- Coat the salmon with the dill leaves.
- Slather the Dijon Mustard directly on top of the fresh dill.
- Place skin down on grill and cook until the thickest part of the salmon is 145 degrees.
- The skin will easily come off.
- Slice and serve.



Italian Spinach Soup

INGREDIENTS

Prep Time: 15 mins
Cook Time: 10 mins

4 C Chicken Broth, no salt added
2 Eggs
1 package Frozen Chopped Spinach
1 C Parmesan Cheese, grated
Freshly ground pepper to taste

Submitted by: Christie Varnado

"This is a weeknight version of my Grandma Compagnone's Italian Wedding Soup, which was part of our extended family Sunday dinners as far back as I can recall. The Sunday version includes mini meatballs and pasta."

INSTRUCTIONS

- Heat chicken broth and frozen spinach in a medium size saucepan over high heat.
- In a separate bowl, lightly beat the eggs with a fork.
- When the broth comes to a boil, drizzle eggs in a slow stream into the pot while stirring constantly.
- Continue stirring until eggs are cooked.
- Reduce heat to low.
- Stir in parmesan until well blended.
- Add pepper to taste



Pork Chile Verde with Hominy

Prep Time: 40 mins

Cook Time: 3 Hours

INGREDIENTS

- 3 lbs Pork Shoulder, cut into 1 inch cubes
- Kosher Salt
- 5 Poblano Peppers
- 5 Cubanelle, Serrano, or Jalapeno Peppers
- 2 lbs Tomatillos
- 6 Garlic Cloves
- 3 Tbsp. Bacon Fat (can substitute vegetable oil)
- 1 Tbsp. Vegetable oil
- 1 bunch Cilantro
- 1 large Onion, diced
- 1 Tbsp. Cumin
- 1 qt Chicken Stock
- 1 large can Hominy

INSTRUCTIONS

- In large bowl, toss pork with 2 tablespoons salt until thoroughly coated. Set aside at room temperature for 1 hour.
- Meanwhile, roast poblano and cubanelle peppers by placing them directly over the flame of a gas stove until deeply charred on all surfaces, about 10 minutes total. If you don't have a gas burner, you can achieve similar results under the broiler, or on an outdoor grill. Place peppers in a bowl and cover with a large plate. Let steam for 5 minutes, then peel under cool running water. Dry chilies, discard seeds and stems, and roughly chop. Transfer to bowl of food processor.
- Preheat broiler to high. Toss tomatillos, garlic, and jalapeños with 1 tablespoon vegetable oil and 1 teaspoon kosher salt. Transfer to rimmed baking sheet lined with foil. Broil until charred, blistered, and just softened, turning once halfway through cooking, about 10 minutes total. Transfer to the food processor along with any exuded liquid.
- Add 1/2 of cilantro to the food processor and pulse mixture until it is roughly pureed but not smooth, about 8 to 10 one-second pulses. Season to taste with salt and pepper.

- Heat bacon fat in large Dutch oven over high heat. Add half of pork and cook without moving until well browned, about 3 minutes. Stir pot and continue cooking, stirring occasionally, until well browned on all sides. Work in batches if you have to - browning the pork is key.
- Combine pork and onions and cook, stirring frequently and scraping up any browned bits from bottom of pan, until onions are softened, about 4 minutes.
- Add cumin and cook, stirring constantly until fragrant, about 1 minute.
- Add chicken stock and pureed chilies to pot and stir to combine. Bring to a boil, cover, and simmer, leaving lid slightly ajar. Cook until pork shreds easily with a fork, about 3 hours. Adjust to desired consistency by adding water or boiling and reducing.
- Stir remaining cilantro and hominy into pot and season to taste with more salt.
- Serve immediately with warm tortillas, diced onions, sour cream, cheese, cilantro, and lime wedges.
- Chili can be chilled and stored in airtight container in refrigerator for up to 5 days. Flavor will improve with time.

Submitted by: David Goodwin

"I made this chili for a neighborhood cook-off a few years ago and won. It is now a fall staple. This chili is a nice change of pace from red chili (which I also love). You can substitute chicken for pork in this recipe if you want. The hominy provides a nice structure. If you have left over bacon fat, use that to brown the pork - it adds some depth and smokiness."



Miami Blue Jajik Bowl

INGREDIENTS

Prep Time: 15 mins
Cook Time: 0 mins

1 C Frozen Bananas, cut into chunks
2 C Frozen Mangoes, cut into chunks
1/2 tsp Blue Spirulina Powder
3/4 C Milk: Oat, Almond
 or Juice of your choice
Handful each of the following:
Granola, Strawberries, Blueberries,
Raspberries, Shredded Coconut, Kiwi
1 tsp each of the following:
Hemp Seeds, Chia Seeds, Bee Pollen,
Cacao powder
Drizzle of honey, if desired.

INSTRUCTIONS

- In a high-powered blender, add the first 4 ingredients.
- Pulse until combined and smooth.
- Pour into a bowl and top if with next 3 ingredients list.
- If you have a favorite fruit that is in season in your area, replace that for one of the fruits listed.



Submitted by: Michelle Otero Valdes

"On a trip to Hawaii, I had a version of this bowl during a beach trip. I had made acai bowls in the past, but this bowl was different due to the awesome blue color. I now make this bowl on mornings I have to be in court, as it is delicious and satisfying--and fun too!"



R&R Popcorn

INGREDIENTS

1/4 C Popcorn
2-3 Tbsp. butter
(or olive oil if you are health conscious)
2 Tbsp. Nutritional Yeast
1 tsp Salt
1 tsp Cumin
1 tsp Black Pepper
.5-.75 tsp cayenne
Popcorn Machine (optional)

Submitted by: [Zara Watkins](#)

"After a long week of meeting deadline after deadline, one of my favorite things to do is to binge-watch the latest Netflix series on Saturday night. I invented this recipe to add some spicy fun to my ritual. And the nutritional yeast (which is highly nutritious) makes it a healthy snack."

Prep Time: 5 mins
Cook Time: 10 mins

INSTRUCTIONS

- Pop the popcorn, put into a large bowl
- Meanwhile, melt the butter in a small saucepan or microwave
- Mix the spices, salt, and pepper in a small cup
- Drizzle the melted butter over the popcorn
- Sprinkle the spice mixture and nutritional yeast over the popcorn
- Shake the bowl a few times to evenly coat the popcorn
- Enjoy!



Res Ipsa Loxuitur

INGREDIENTS

4-pound salmon fillet
1/2 C White Sugar
1/3 C Kosher Salt
2 tsp Mixed Black, White and Red
Peppercorns (ground)
3 Juniper Berries
2 C Fresh Dill (no stalks, finely chopped)
Chili Pepper Flakes

Prep Time: 20 mins
Cure for 72 Hours

Submitted by: Adam Bruski

"Decreased access to good deli lox during the pandemic led to this DIY approach. Original recipe credit to [Spruce Eats](#)"

INSTRUCTIONS

- Cut the salmon fillet into two halves cutting across the piece.
- In a bowl, mix the sugar, salt, peppercorns, chili flakes, juniper berries, and dill.
- Place one half of the salmon, skin side down, onto a long sheet of plastic wrap. Cover the flesh of the salmon with the sugar, salt, and pepper mix. Place the second fillet flesh side down on top to create a "salmon sandwich". Wrap the fish pieces tightly in the plastic wrap.
- Put the "salmon sandwich" into a shallow baking dish, making sure the fish stands higher than the sides of the pan. Place a baking tray on top of the salmon and weigh it down with any heavy object - like canned goods.
- Put the fish into the refrigerator and leave it to cure for 3 to 4 days, turning the salmon twice once every day.
- When ready to serve, remove the wrap, pour away any liquid and wipe away most of the sugar, salt, and peppercorns, leaving a little on the edges for decoration. Slice against the grain to the desired thickness.
- Fresh lox keeps for about five days in the refrigerator.



Stacy's Mom & her Blonde Brownies Has Got It Going On

INGREDIENTS

2 C Flour
1 tsp Baking Powder
1 tsp Salt
1/4 tsp Baking Soda
2 C Brown Sugar (light or dark, I prefer dark)
2/3 C Butter (I prefer salted)
2 Eggs, slightly beaten
2 tsp Vanilla
2 C Chocolate Chips (1 bag)
(semi-sweet is the best IMO)
1/2 C Chopped Nuts
(TOTALLY optional and I never add them
...don't tell my mom)

Prep Time: 7 mins
Cook Time: 35-45 mins

INSTRUCTIONS

- Mix first four dry ingredients in a bowl and set the side.
- Cream brown sugar and butter until fluffy.
- Add eggs and beat on medium speed.
- Add vanilla.
- Continue mixing on slow speed and slowly add dry ingredients.
- Mix in chocolate chips and nuts (optional) last.
- Bake in a greased 13X9 pan at 350 degrees for 35-45 minutes.

Submitted by: Stacy King

"My favorite baking recipe of my mom's and always a crowd pleaser. Don't forget to lick the bowl!"



Whole Earth Pecan Date Bread

INGREDIENTS

Prep Time: 45 mins Active | 3 Hours
Cook Time: 45 mins

1 1/2 C Finely Chopped Dates
5-5 1/2 C All-Purpose or Bread Flour
2 Tbsp. Active Dry Yeast (2 1/4 oz packages)
2 tsp Brown Sugar
2 C Warm Water
1/3 C Honey
1/4 C Butter, melted
1/2 C Non-Fat Milk Powder
1/2 C Chopped Pecans, rounded
1 Tbsp. Salt
1 1/2 C Whole-Wheat Flour
1/2 C Medium Rye Flour
1/2 C Wheat Germ
1/2 C Crushed Unprocessed Bran Flakes
1/4 C Oats
1 tsp. Honey blended with 1 Tbsp. Milk for glaze
4 tsp. Sesame Seeds

Submitted by: Phil Calabrese

"A recipe I developed while passing the time on lock-down during COVID. The picture does not do the final product justice!"

INSTRUCTIONS

- In a small bowl, combine dates with 1/2 cup all-purpose or bread flour. Toss to coat and separate, set aside
- Chop pecans
- Clean and grease bowl; set aside
- In a large bowl of electric mixer, dissolve yeast and brown sugar in water. Let stand until foamy, 5 to 10 minutes
- Add honey, butter, milk powder, salt, whole-wheat flour and 1 1/2 to 2 cups all-purpose or bread flour. Beat at medium speed with electric mixer for 2 minutes or, beat 200 vigorous strokes by hand.
- Stir in rye flour, wheat germ, bran flakes, oats, date mixture, and enough remaining flour to make a soft dough.
- Turn out dough onto a lightly floured surface.
- Knead dough, 8 to 10 minutes or until smooth and elastic. Place dough in greased bowl, turning to coat all sides.
- Cover with a slightly damp towel. Let rise in a warm place, free of drafts, until doubled in bulk, about 90 minutes.
- Grease 2 (8" x 4" or 9" x 5") loaf pans; set aside.
- Punch down dough; knead 30 seconds.
- Divide dough in half; shape into loaves. Place into prepared loaf pans. Cover with a dry towel. Let rise until doubled in bulk, about 45 minutes.
- Preheat oven to 375F.
- Slash tops of loaves as desired; brush with honey glaze. Sprinkle 2 teaspoons sesame seeds over each unbaked loaf.
- Bake 15 minutes, then tent with foil. Bake another 30 minutes or until break sounds hollow when tapped on bottom.
- Remove from pans. Cool on racks.